

FITNESS COMMITTEE

May 14, 2020

5:00 – 6:00 PM

MINUTES

The Fitness Committee held a meeting via conference call on May 14, 2020, beginning at 5:13p.m.

Committee Members Present

Jennifer Eastman
Dr. Aruna Nathan (Chair)
Cameron Pollock
Namisa Kramer
Jason Semanoff
Jessica Kiel (Health and Wellness Council Chair)

Committee Members Not Present

Julie Maneen
Joanne Roberts
Dr. Mychelle Farmer

Maryland Department of Health Staff Present

Nacole Smith

Dr. Nathan called the meeting to order at 5:13PM

1. Roll Call/Approval of Minutes

Dr. Nathan took roll call. A quorum of the Fitness Committee was present. The April 9, 2020 meeting minutes were approved by Jennifer and Cameron.

2. Discussion

The Committee will use the health observance, Family Health and Fitness Day, to send out their first social media message. This health observance is on June 13, 2020 and the Committee plans to send out the message during this date. Dr. Nathan shared a social media google doc with the committee so members can create the social media message, as well as other messages, during the meeting.

Dr. Nathan shared the following link from the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP),

<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm>, so members can include messaging about lack of physical activity.

Jessica suggested the Committee use the Maryland Health and Wellness Council Communication Guide to help in the creation of the social media messages. The guide was shared with the Committee members.

Dr. Nathan also shared the following link from Healthy People 2020, <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Nutrition-Physical-Activity-and-Obesity/determinants>, so members can add messaging about nutrition.

The Committee finalized a social media message for Family Health and Fitness Day. Nacole will send the social media message to the Health and Wellness Council Chair for review and approval.

Dr. Nathan briefly mentioned the Committee's action plan and wants to postpone majority of the activities until next year because of COVID-19. The Committee will review the action plan next month and discuss if changes need to be made to the goals.

3. Adjournment

The meeting was adjourned at 6:07pm.

Next Steps:

- Nacole will send the finalized social media message to the Health and Wellness Council Chair for review and approval.

Next Meeting: June 11, 2020